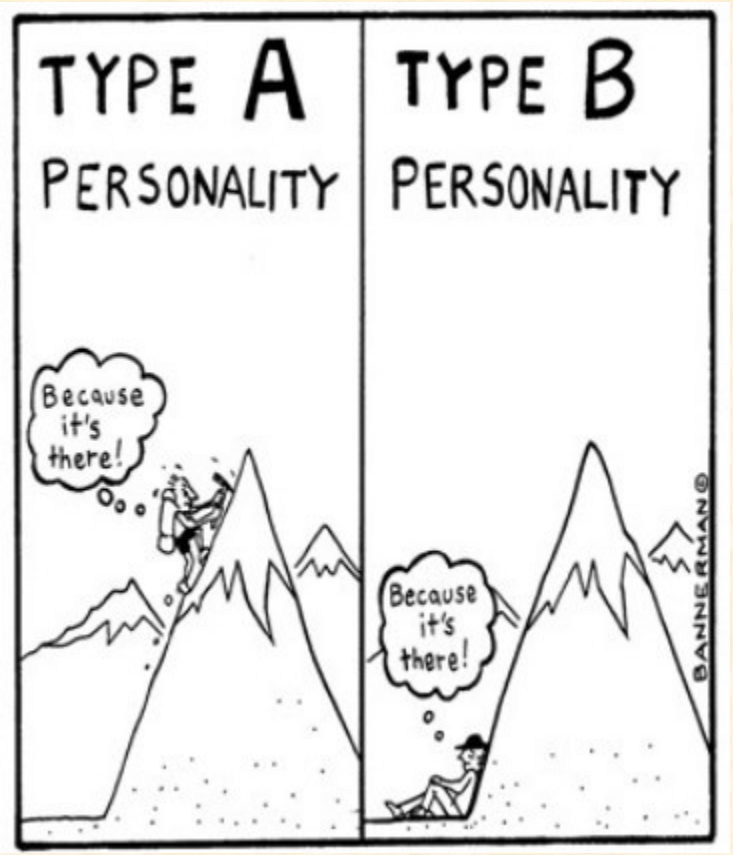

Stress-Prone & Stress-Resistant Personalities

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Personality and Stress

- Individuals differ dramatically in their response to a problem or a stressor. Some people are born with a temperament that predisposes them to higher or lower levels of tolerance to **stress**. Your cognitive reaction to a situation plays a role in determining how **stressful** a situation is to you.

What is stress in personality development?

- **Stress** can be described as the distress that is caused as a result of demands placed on physical or mental energy. **Stress** often affects behavior, so that **stress** in one person is also likely to put **stress** on those around them, whether family, friends or colleagues.
- How we deal with stress is due in large part to our personalities, yet regardless of personality, we each exhibit many inner resources to use in the face of stress.
- New behaviors can be learned and adopted to aid in this coping process.

sponse to Stress

- There are four distinct responses that correspond to our primary behavioural tendencies.

- **These are:**

Fight, Flight,

Tolerate, and Avoid

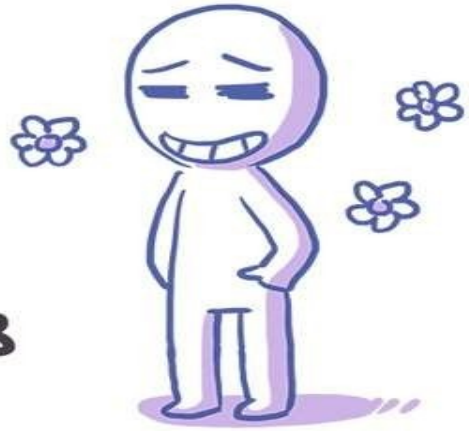
Personality Types

- COMPETITIVE
- AGGRESSIVE
- ACHIEVEMENT-ORIENTED.

THAT'S A TYPE A PERSONALITY.

- EASYGOING
- LESS STRESSED
- INDIFFERENT

THAT'S A TYPE B PERSONALITY.



Personality Types

Stress Prone Personalities

These personalities do not cope with stress well

- Type A personality
- Codependent personality
- Helpless-hopeless personality (Type C)
- Irrational-illogical Personality

Stress Resistant Personalities

These personalities cope with stress well

- Type B Personality
- Hardy Personality
- Survivor Personality
- Type R Personality (Sensation Seekers)

STRESS PRONE PERSONALITIES

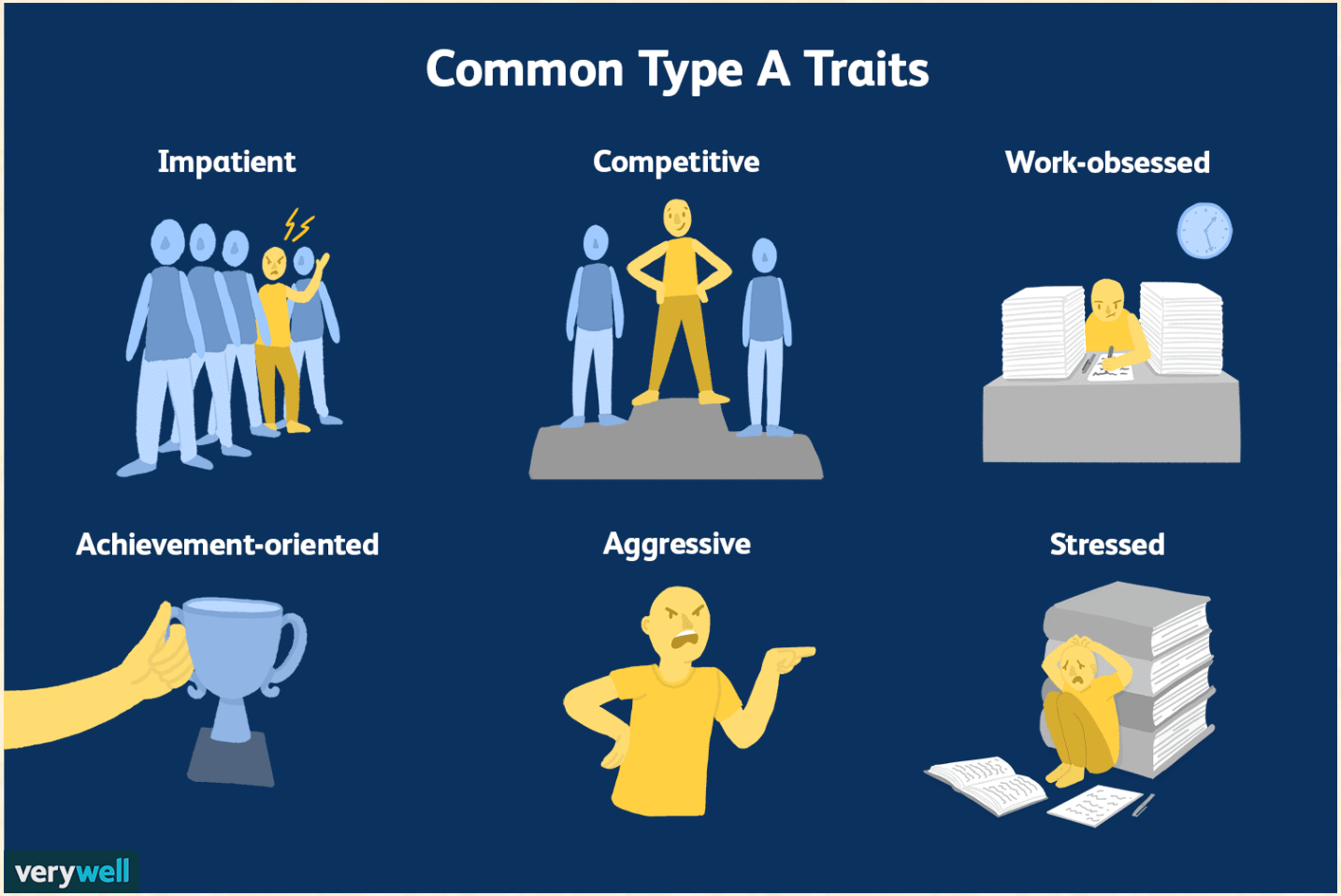
Type A personality

Codependent personality

Helpless-hopeless personality (Type C)

Irrational-illogical Personality

Type A Personality



Stress-Prone Personality Types

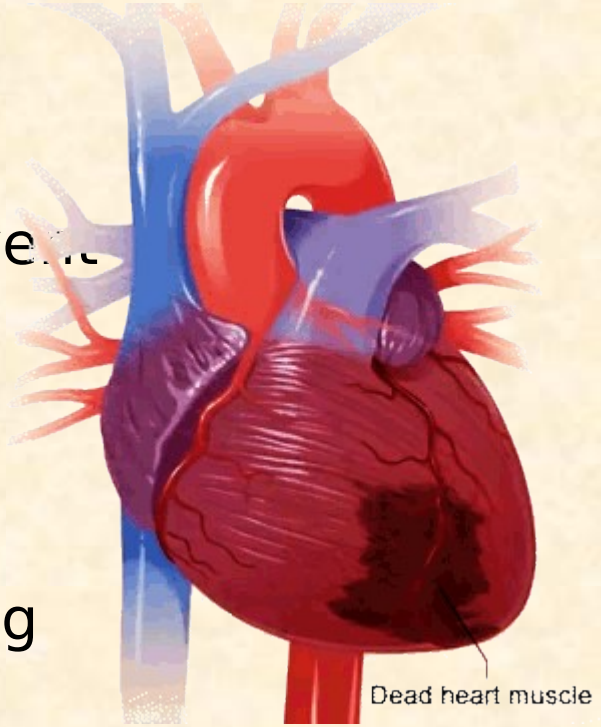
Type A Personality

Time urgency / Rushed Life Sytle

- Aggressive, hostile, easily angered hard driving , unable to relax, cynical, not generally Anxious
- Polyphasia (multitasking) / 2 things at one
- Ultra-competitiveness
- Rapid speech patterns
- Manipulative control
- Predictor of heart disease
- Hyper aggressiveness and free-floating hostility

The Type A Personality

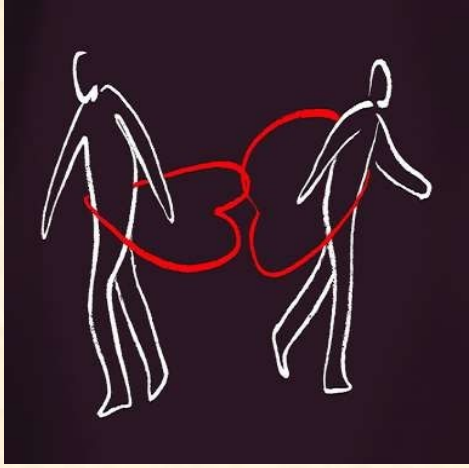
The Type A individual is described as being **easily aroused, very concerned over wasting time, and often angry**. Beginning in the 1980s, health care professionals sought to identify these individuals in order to intervene and prevent the development of coronary problems.



- In response to stress: tightened facial muscles, gestures, grimacing, explosive speech, interrupt the interviewer, hurrying the pace

- Increased risk for CHD & all other causes of premature death — even when other risk factors are controlled

Stress-Prone Personality Types



Codependent Personality

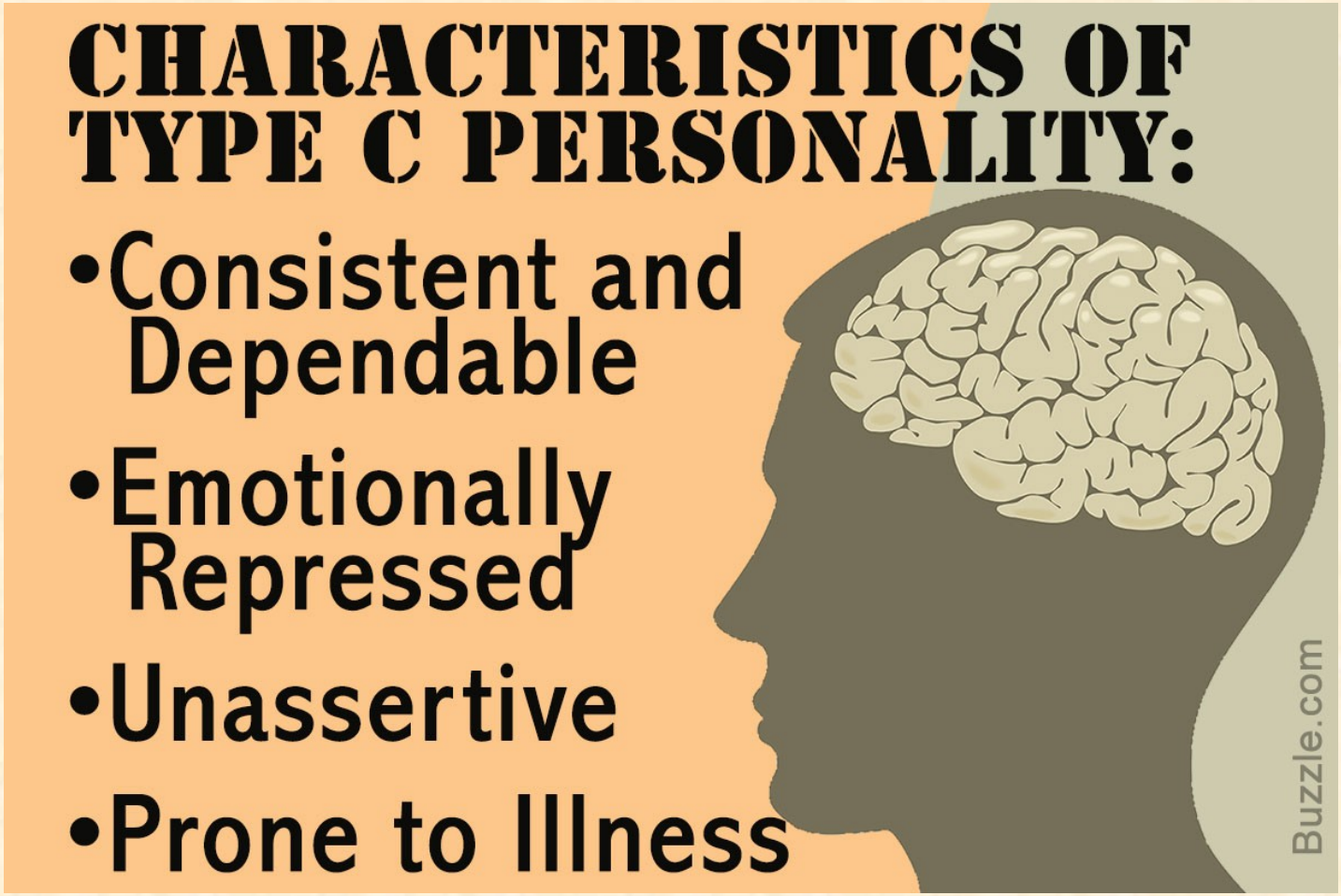
- Ardent approval seekers
- Perfectionists
- Super-overachievers
- Crisis managers
- Devoted loyalist
- Self-sacrificing victims
- Manipulators
- “Victims”
- Feelings of inadequacy
- Reactionaries

Perfectionists

These people,

- Are obsessed with carrying out every task to perfection
- Get caught in detail
- Never see the big picture
- Are too hard on themselves and others
- Perform the same task repeatedly

Personality Type C



Helpless-Hopeless Personality (Type C)

- Poor self-motivation
- Learned helplessness
- Cognitive distortion where perception of failure repeatedly eclipses prospects of success
- Emotional dysfunction
- External locus of control of reinforcing behavior
- Feel helpless, hopeless, give up, little or no emotional

Response to stress

- please others at their expense, often depressed, behavioral inertia

Type C is related to poor health: more likely to

Stress-Prone Personality Types

Irrational Illogical Personality

- Characterized as: awfulizers, evaluators, nee

- Do not perceive situations accurately
- Unrealistic expectations,
- Most stress stems from negative thoughts & irrational beliefs

- ABC Model: A = activating agent
  B = illogical beliefs
  C= consequences — bio psychosocial

A+B=C

STRESS RESISTANT PERSONALITIES

Type B Personality
Hardy Personality
Survivor Personality
Type R Personality (Sensation Seekers)

Stress Resistant Personality

Studies by Kobasa have shown that people with high levels of stress but low levels of illness are labeled as stress-resistant personality. They share three characteristics which are referred to as the personality traits of Hardiness.

Hardiness is a set of beliefs about oneself, the world and how they interact. It consists of ‘the three C's

Commitment (invests oneself in the solution)

- Commitment in terms of a sense of personal commitment to what one is doing
- Stress-resistant personalities have commitment to work, family, hobbies and social life

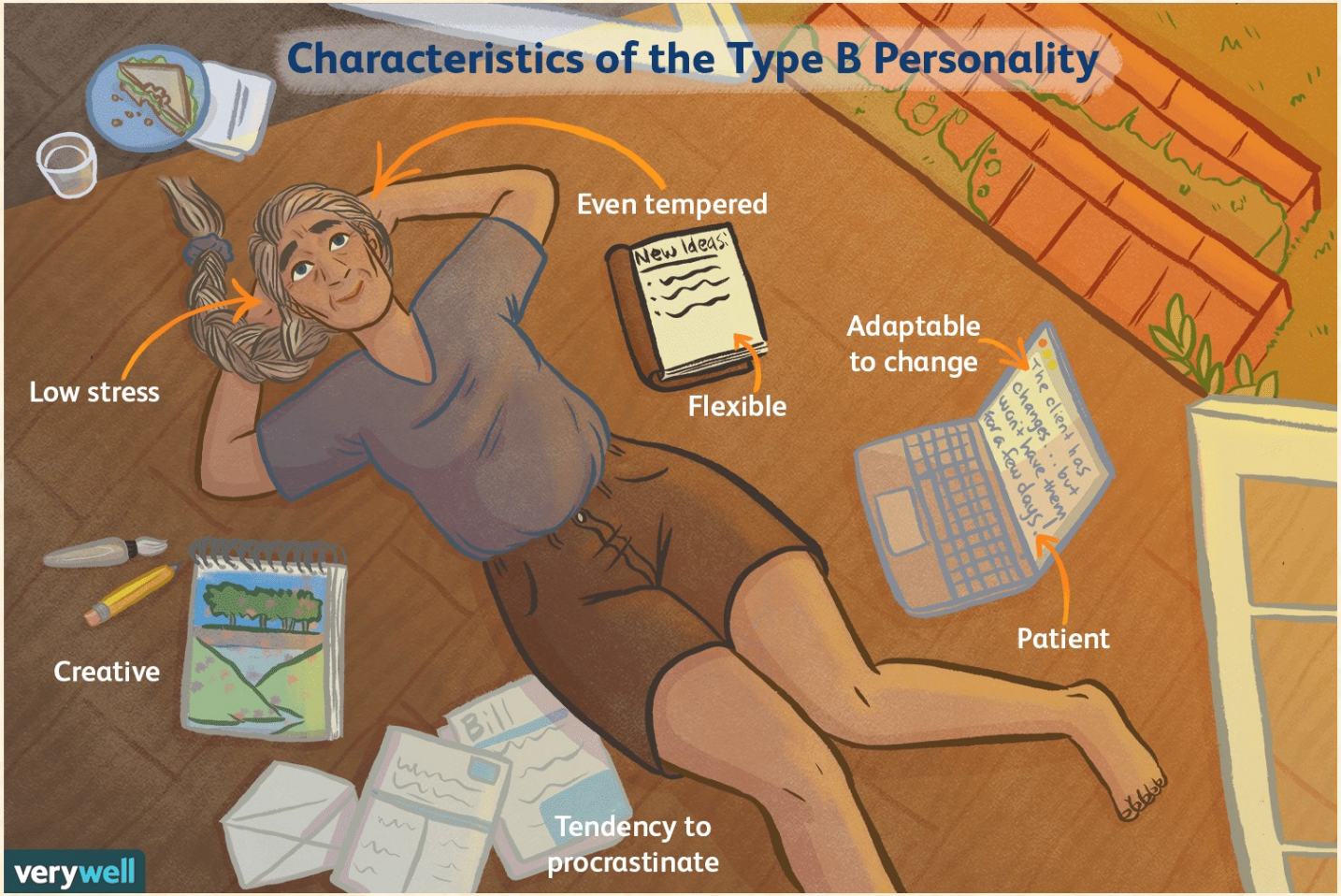
Control (takes control of a situation, doesn’t run from it)

- An individual should have a sense of control over his life.
- Stress-resistant personalities have control in terms of a sense of purpose and direction in life.

Challenge (sees opportunity rather than the problems)

- An individual should always be ready to face challenges in life.
- Stress-resistant personalities view changes in life as normal and positive

Type B Personality



Stress-Resistant Personality Types

Type B Personality

Opposite type A, relaxed, easy-going, experience fewer hassles than type A

- Typically not as successful as type A, but many are successful nevertheless

- decreased risk of CHD

Hardiness

- Over time, male business executives were studied, and those in the group who most adequately survived stressful events were said to have a hardy personality style and to be characterized by

- **Commitment**: devotion to jobs, families, and other valued activities

- **Control**: a sense of personal mastery over their activities and lives

- **Challenge**: a perception of life events as challenging (not threatening) and as an opportunity to test themselves

- Other studies have found that while commitment and control are associated with good health, challenge is not always necessary. However, feeling helpless (that is, not in control) and being uncommitted have themselves been found to be stressful conditions, and people with an optimistic outlook on life have been

Hardiness

- Hardiness is conceptualized as a personality characteristic which encompasses three component traits (commitment, challenge and control), and acts as a resistance resource mitigating the adverse effects of stressful life events (Kobasa, 1979).
- A number of empirical studies in the U.S. have demonstrated its role in moderating stress-illness relationships, but hardiness has not received much attention in the U.K. In the present article, data from a U.K. sample ($N = 87$) are used to examine (i) the psychometric characteristics of the current version of Kobasa's hardiness measure, and (ii) the relationships of hardiness, and its component scales, to the Eysenck dimensions of extraversion, neuroticism and the lie scale.

Hardiness

- Hardiness scores were found to be negatively related to age, but did not differ significantly between males and females, and were not influenced by social desirability biases. The alpha value for the reliability of the overall scale was 0.89. Scores on the components of commitment, challenge and control were strongly related to extraversion (positively) and to neuroticism (negatively), the canonical correlation being 0.60. Multiple regression analysis showed that age, gender and the Eysenck dimensions jointly accounted for 37% of the variance in hardiness scores. These results are discussed in relation to psychometric issues and relevant literature findings.

Hardiness

- In the early days of research on hardiness, it was usually defined as a personality structure comprising the three related general dispositions of commitment, control and challenge that functions as a resistance resource in encounters with stressful conditions.
- The commitment disposition was defined as a tendency to involve oneself in activities in life and as having a genuine interest in and curiosity about the surrounding world (activities, things, other people).
- The control disposition was defined as a tendency to believe and act as if one can influence the events taking place around oneself through one’s own efforts. Finally, the challenge disposition was defined as the belief that change, rather than stability, is the normal mode of life and constitutes motivating opportunities for personal growth rather than threats to security

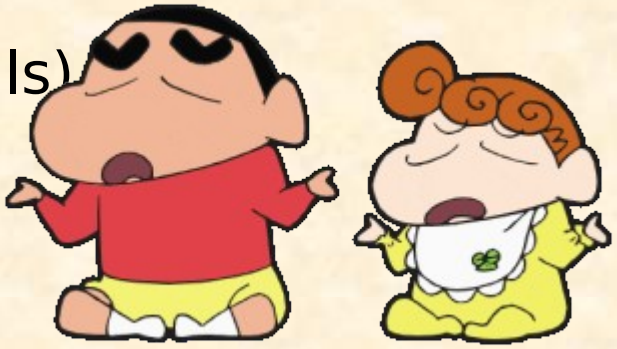
Hardiness

- Lately, Maddi has characterized hardiness as a combination of three attitudes (commitment, control, and challenge) that together provide the courage and motivation needed to turn stressful circumstances from potential calamities into opportunities for personal growth. While acknowledging the importance of the three core dimensions, Bartone considers hardiness as something more global than mere attitudes.
- He conceives of hardiness as a broad personality style or generalized mode of functioning that includes cognitive, emotional, and behavioural qualities. This generalized style of functioning, which incorporates commitment, control, and challenge, is believed to affect how one views

Stress-Resistant Personality Types

Survivor Personality Traits

- A person who responds rather than reacts to danger/stress



Bi-phase traits (left and right brain skills)

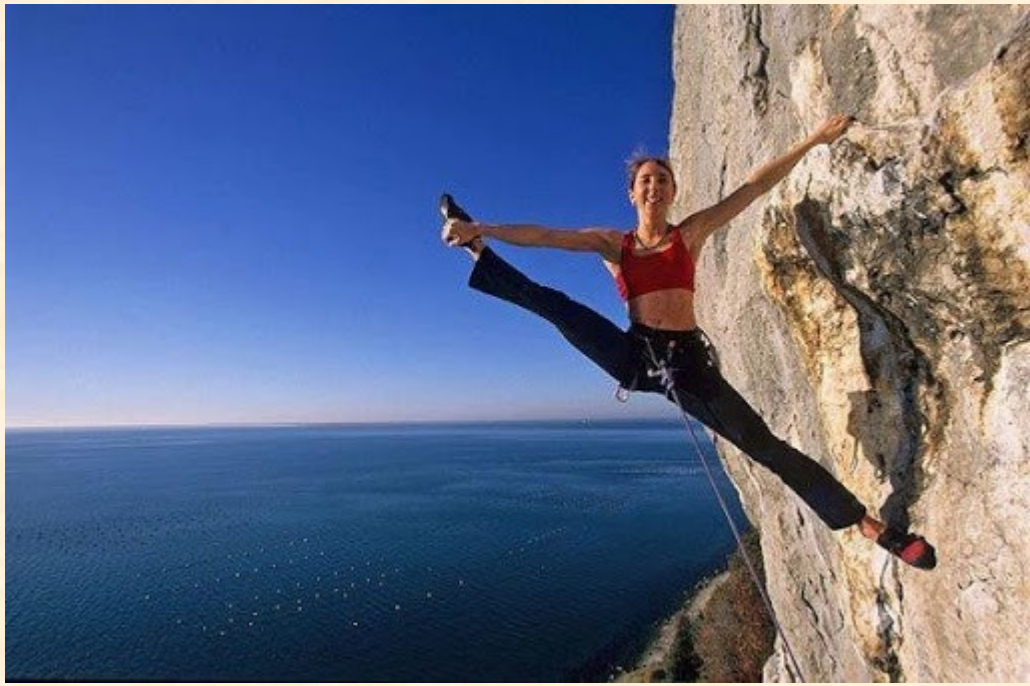
- Proud but humble
- Selfish but altruistic
- Rebellious but cooperative
- Spiritual but irreverent
- Considered optimists and good at creative problem solving

What is Type R personality?

- '**Type R**' is a new alternative to '**Type** A' and '**Type** B' people. It describes those who are resilient — people who can accept change, failure, and disruption. They see challenge as opportunity and can reframe less-than-idea situations into a constructive perspective

Type ‘R’ Personality (Sensation Seekers)

- Zuckerman (1971) identified the sensation-seeking personality as those people who seek thrills and sensations but take calculated risks in their endeavors; they appear to be dominated by an adventurous spirit.



Sensation seeking

Sensation seeking

- Sensation seeking is a basic personality trait that has been defined as “the seeking of varied, novel, complex, and intense sensations and experiences, and the willingness to take physical, social, legal, and financial risks for the sake of such experience” (Zuckerman 1994, 27).
- The test used to measure the construct, the *Sensation Seeking Scale* (SSS) has evolved from the first version, containing only a general scale, to form version V. The latter contains four subscales and a total score based on the sum of the subscales (→ Scales). The subscales are based on → factor analyses and the results have been replicated in forms developed in many other countries.

Sensation seeking

- They are: (1) *thrill and adventure seeking* (TAS), an expressed desire to engage in physical activities or sports which are sometimes risky but provide unusual sensations of speed or defiance of gravity (e.g., parachuting, scuba diving, downhill skiing); (2) *experience seeking* (ES): these items describe the seeking of sensations and experiences through the mind and the senses, as through music, art, and travel, and social nonconformity and unconventionality; (3) *disinhibition* (Dis), i.e., seeking sensation through social activities, sex, and drinking, and associating with people who share these pleasure-seeking preferences; and (4) *boredom susceptibility* (BS), which represents an intolerance for repetitious experience or predictable and unexciting people. More recently, a scale

Resilient Personality and Stress

Resilient Personality and Stress

Resilient Personality and Stress

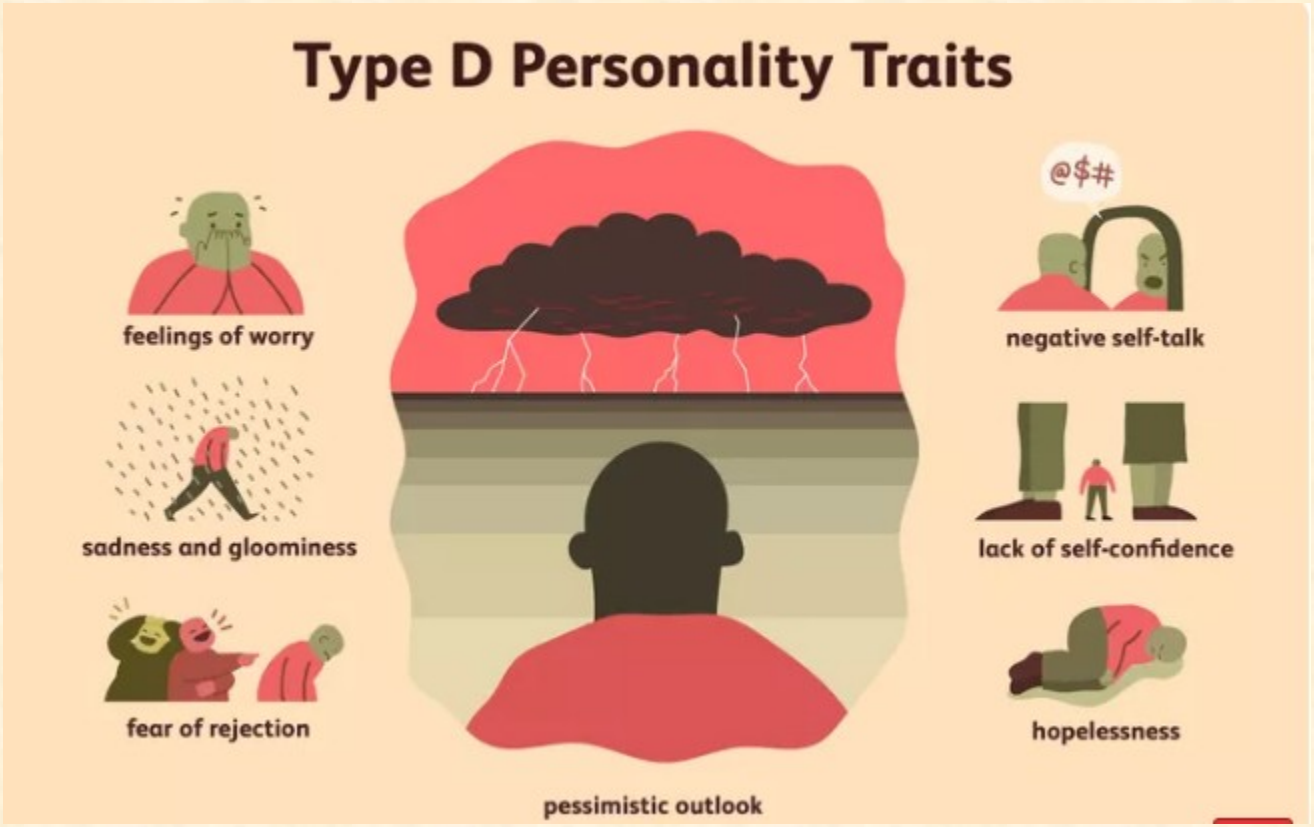
- Author, Al Siebert, first wrote The Survivor Personality, and later, The Resiliency Advantage to drive home the point that our life is not determined by what actually happens to us, but rather, by how we react to events.
- Resilient individuals have a tendency to respond to major hurdles in life with humo wisdom, as well as mental and emotional flexibility. They don't get stuck in what sho have been; but rather, refocus their efforts handling what is. If this doesn't describe h you respond to setbacks, don't fret.

Resilient Personality and Stress

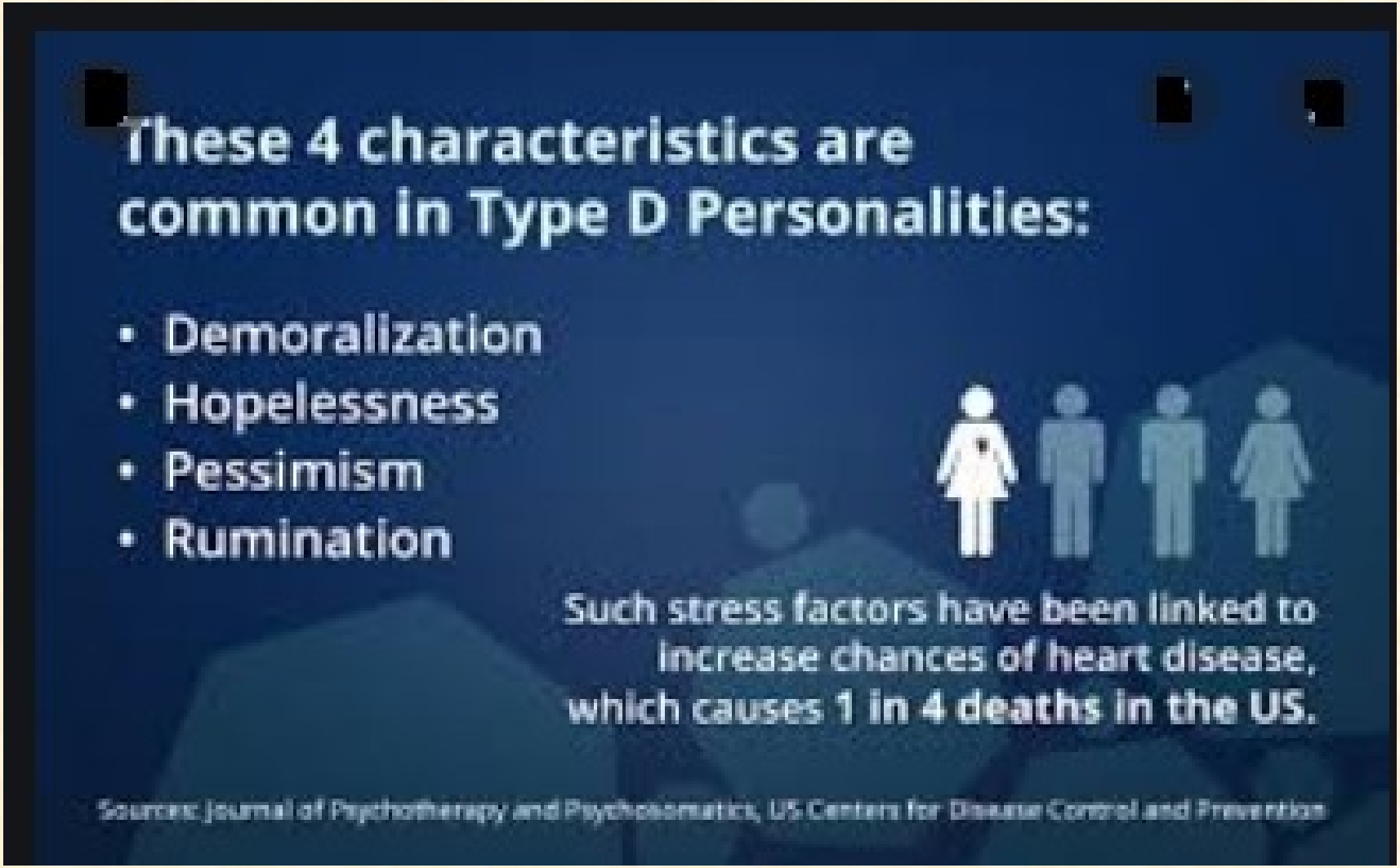
Characteristics of a resilient personality are:

- ability to cope in stressful situations,
- continuing engagement in activities,
- flexibility to unexpected changes in life,
- ability to seek social support,
- perceiving stress as a challenge - a chance for growth and development rather than a threat to life,
- taking care of one's body,
- living in harmony with nature,
- optimism and sense of humour,
- work and love,
- developing spiritualism and seeking true sense.

Personality type D



Personality type D


These 4 characteristics are common in Type D Personalities:
• Demoralization
• Hopelessness
• Pessimism
• Rumination
Such stress factors have been linked to increase chances of heart disease, which causes 1 in 4 deaths in the US.
Sources: Journal of Psychotherapy and Psychosomatics, US Centers for Disease Control and Prevention

Type D Personality Traits

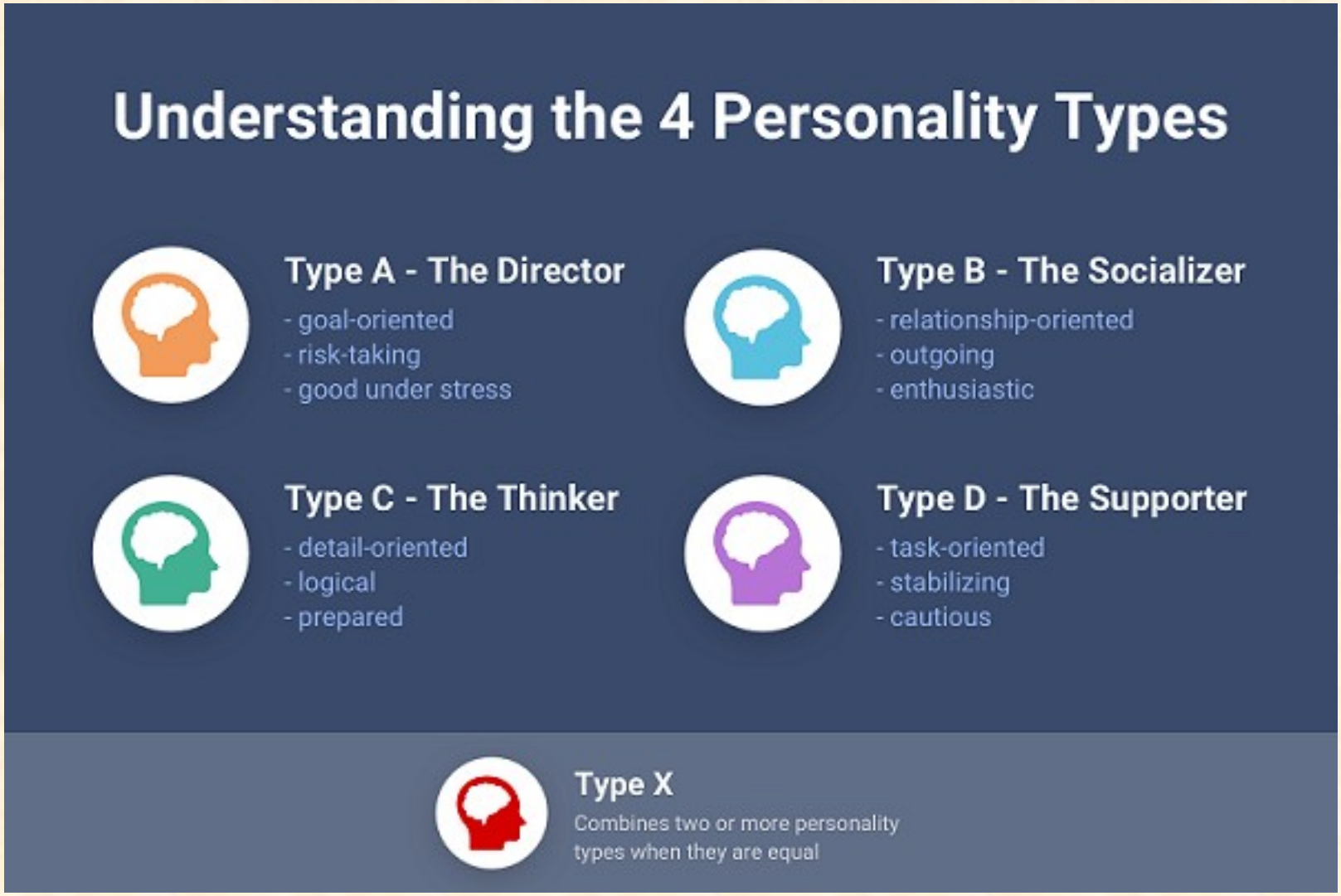
Type D is a particular personality type first labeled in the 1990s by Belgian psychologist and researcher Johan Denollet. The letter "**D**" in this type of personality stands for **distressed** and is referring to a set of personality traits that involve things like:

- Feelings of worry
- Sadness
- Irritability
- Pessimistic outlook
- Negative self-talk
- Avoidance of social situations
- Lack of self-confidence
- Fear of rejection
- Appearing gloomy
- Hopelessness

Type D Personality Traits

- People with a Type D personality are more likely to be lonely and anxious. Even though many of us can feel a variety of these things at times, people with type D personality experience these traits more frequently than the average person and more consistently over time.
- A personality type is not attempting to offer a mental health diagnosis, only a notable pattern of behavior that can be researched as related to physical health, particularly cardiac and immune health.

Understanding the 4 Personality Types



Type X personality traits

- The **X** indicates a cross, or an intersection, of two or more **types**. It's not unusual to see the **X** between two of the four **personality types**, and it doesn't necessarily have to include the primary (or strongest) **personality**.

Thank you